



# ALD PRESS



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A TIME OF THANKS

ISSUE 3

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## GRATEFULNESS/SHOWING THANKS BY ELIZABETH SCINTA

'Tis the season to express our gratitude and thankfulness to those around us. Thanksgiving is marked by “I’m thankful for…” Instagram and Facebook posts galore. It’s easy to remember to thank those you love on a holiday called Thanksgiving, but it’s important to remember to do that every other day of the year as well.

Something I’ve been trying to work on is expressing gratitude to not only my friends and family but to random people as well; this could be a Metro employee, Uber driver, a server in a restaurant or someone I pass on the street. If the person has done something to merit a thank you, I think it’s important to let that person know.

Here are three ways you can express your gratitude before and on Thanksgiving.

### Write someone a note



*Photo by Jan Kahánek on Unsplash*

A handwritten note is something that takes time and energy to do, so it’s very nice to see someone took

time out of their busy day to write a note. Handwritten notes are personable — they’re not something you can copy and paste and send to multiple people. A handwritten note is a great way to tell someone how thankful you are for something they’ve done for you, for just being them or for being a great friend. It’s easy to include jokes and memories, as well. If you want to be super creative, leave a doodle or print out a picture of the two of you for them.

If it’s a random person, it’s a little bit harder to write them a full out note, but still possible. If you’re at a restaurant and appreciate the service you got, then write a small “Thank you, have a great day” on the receipt you leave behind. For an Uber driver, leave a comment in the rating section of the app after your ride has been completed. It’s a lot easier than we might think to express gratitude in this way.

### Random Acts of Kindness



*Photo by Kat Yukawa on Unsplash*

Random acts of kindness are great ways to show your friends and family how much you appreciate their presence. My room-

mates and I have been leaving each other sticky notes with encouraging messages and sometimes some candy to show the other person how much we care for them and that they can get through whatever might be happening. Paying for the person in line behind you is another excellent way to improve someone’s day.

### Help Out Around the House



*Photo by Theme Photos on Unsplash*

If you get to go home for the holidays, be sure to help your family out around the house. As joyous and fun holiday season is, it’s also an extremely stressful time

for those who host parties or dinners for their family and friends. Nothing shows appreciation more than helping to cook, clean or run errands for your family.

Showing your gratitude isn’t something that has to be done only during the holiday season. Make an effort to say thanks to your friends, family and anyone else who may help you along the way.

## FALL PHOTOSHOOT LOCATIONS IN MARYLAND BY JYOTSNA JAYARAM

With fall finally arriving and the leaves turning pretty orange colors, it's obvious that the most aesthetically pleasing season has come. This means that it's finally time for hot pumpkin spice lattes, sweaters and, most importantly, fall photo shoots!

There are many beautiful locations for fall photo shoots across Maryland, including the pumpkin patch at Baugher's Orchard and Farm in Westminster. This area is filled with fun activities for the whole family, hay wagon rides and fruit picking trails. Their pumpkin patch has a very photogenic feel to it and a guarantee that your pictures will look great in their pumpkin patch!

Another beautiful location is the sunflower fields in McKee-Beshers Wildlife Management Area in central Maryland. The sunflowers are extremely healthy and range over five acres of land. They were originally planted to attract game birds, but people are welcome to take photos in them as well. It's a fact that any picture taken in sunflower fields will turn out beautiful, so don't hesitate to check this location out!

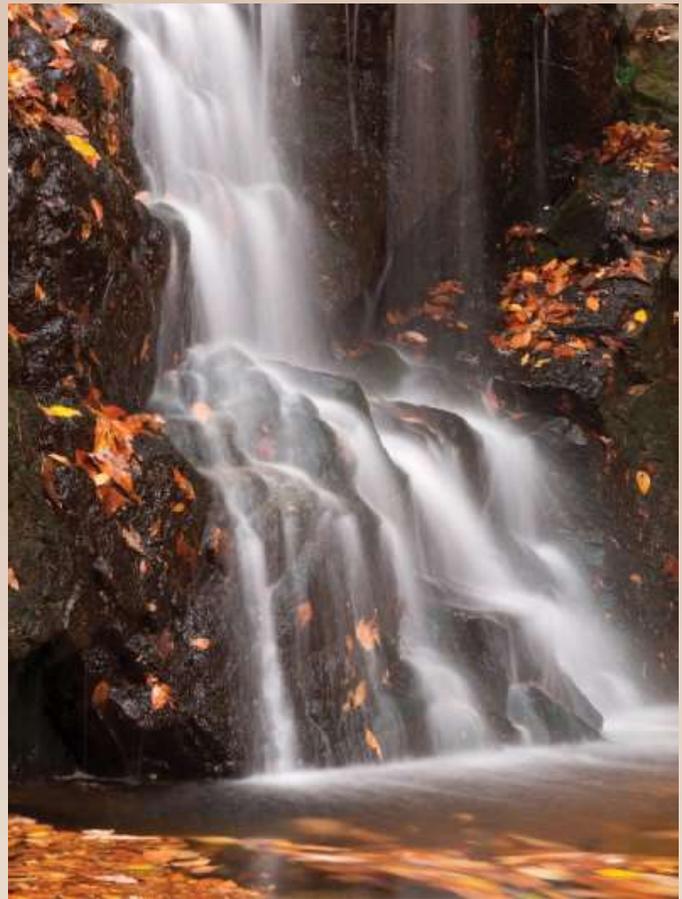


*Susquehanna State Park is beautiful in the fall season, as seen in this photo. Source: [http://freestock.ca/americas\\_g98-autumn\\_susquehanna\\_river\\_p5945.html](http://freestock.ca/americas_g98-autumn_susquehanna_river_p5945.html)*

The Susquehanna State Park is another wonderful location for fall photos. The park is filled with acres of trees that will brighten your Instagram feed with their deep orange and red colors. There is a waterfall that people can definitely make use of in their photos and various other photogenic areas within this location. This park is especially beautiful in the fall according to many visitors and is the perfect photo-taking area!

Patapsco Valley State Park is a beautiful location, equipped with colorful leaves and waterfalls that would make a beautiful picture for your social media. With swinging bridges, Cascade

Falls, and long trails, this park is a popular location every fall for people who want to take photos.



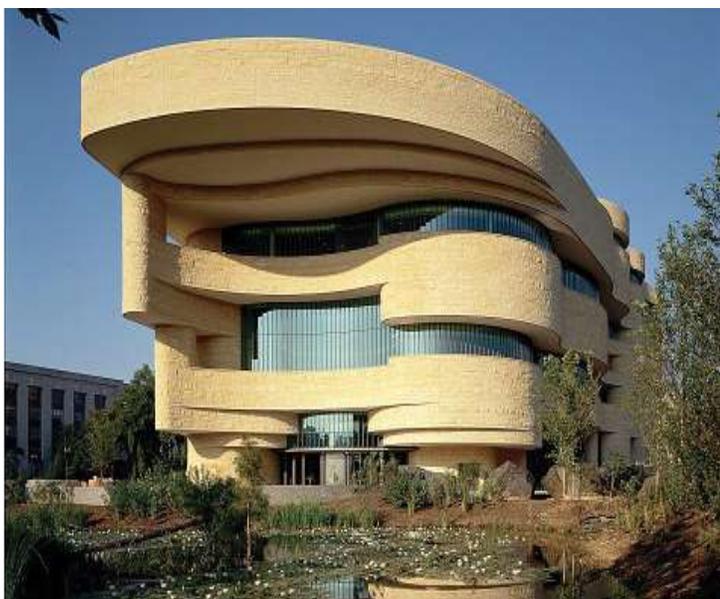
*A waterfall in Patapsco Valley State Park, one of the most photogenic locations for fall photos. Source: [http://www.freestock.ca/view\\_photog.php?photogid=1](http://www.freestock.ca/view_photog.php?photogid=1)*

Every single one of these locations is worth checking out this fall. Take a camera, a trusted photographer and some warm clothes and live out your fall model dream at these beautiful locations!

## NATIVE AMERICAN HERITAGE MONTH BY VANESSA PESSOA

Now that midterms and Halloween celebrations are over, the month of November is a time for reflection. Although November is typically associated with Thanksgiving, it is also Native American Heritage Month. Celebrating Native American Heritage for an entire month was first established by Congress in 1990. The government designated November for this celebration because the traditional harvest season ended in November and it was a time of celebration in the Native American community. Every year since 1990, Congress has authorized the president's proclamations designating November as Native American Heritage Month. According to the National Congress of American Indians (NCAI) website, this month is a time to celebrate the culture, traditions, and history of Native Americans. This month is also used as a time to bring awareness to Native Americans' contributions to American society as well as the challenges that they have faced throughout history.

Native American Heritage, the National Archives Museum is also honoring Native American soldiers by exhibiting how they used their language and cultural heritage to serve the U.S. during World War I until December 4. Lastly, the American Art Museum has an art exhibition highlighting art from contemporary Native American artists until April.



*Above is a picture of the Smithsonian's National Museum of the American Indian. [americanindian.si.edu](http://americanindian.si.edu)*



*Above is a picture of the "Americans" exhibit in the Smithsonian's National Museum of the American Indian. [americanindian.si.edu](http://americanindian.si.edu)*

Our society is rich in cultural diversity and it is important for us to pay homage to all of the different communities that have contributed to our collective history; therefore, don't forget to celebrate Native American Heritage Month.

In order to take full advantage of Native American Heritage Month, there are several ways to celebrate. Being so close to Washington, D.C. makes it easy to find events to celebrate Native American culture and history. The most obvious place to visit in D.C. this month is the Smithsonian National Museum of American Indian, as it has the world's largest collection of Native American artifacts. Understandably, this museum will be holding several events throughout November. Among these events is a presentation about Pocahontas and how she impacted European and American thought held on November 19. Another event is the Blackfeet Nation Tribal Festival on Nov. 16-17, where you will be able to watch performances and demonstrations from artists, performers and historians from the Blackfeet Reservation, also known as Blackfeet Nation. The National Museum of American Indian also has an ongoing exhibition called "Americans" that looks at how Native American images and stories have influenced American history and contemporary life, which will be available until October of next year. This museum is not alone in its efforts to celebrate

# HOW TO SCORE THE BEST BLACK FRIDAY & CYBER MONDAY DEALS BY TAYLOR DOVE



Source: <https://image.businessinsider.com/5da78147cc4a0a4b-8917f556?width=1100&format=jpeg&auto=webp>

When it comes to getting deals, Black Friday and Cyber Monday are some of the best times to shop all year. From major discounts to BOGO, it may seem as though you can't get a better deal — or can you? Here are four hacks to make your holiday shopping go from good to great!

## Go to Stores After Peak Hours



Source: [https://media2.s-nbcnews.com/j/newscoms/2019\\_29/2933626/190715-black-friday-walmart-cs-857a\\_04e2ca4c72db18af3e4d9112b29b271a.fit-760w.jpg](https://media2.s-nbcnews.com/j/newscoms/2019_29/2933626/190715-black-friday-walmart-cs-857a_04e2ca4c72db18af3e4d9112b29b271a.fit-760w.jpg)

While going to stores as they open might score you a few doorbuster deals, you will actually get more bang for your buck by going to stores between peak hours on Black Friday. The first rush of people arrive as stores open, and stay through a good part of the early morning. The second rush happens later in the day, closer to noon. If you go to the mall in between these rushes, you will get the best parking spot and great deals with minimal hassle.

## Price-Check Everything

While you wait in the ridiculously long lines on Black Friday, make the most of your time by price-checking everything in your cart. Most stores will do price matching, so if you can find the same item somewhere else for cheaper, they are likely to match that deal. No more driving around to every store in town to get the lowest prices!

## Show Your Student ID

Another quick and easy way to save money — even on the best shopping day of the year — is to show your student ID at the checkout. Some stores offer student discounts of 10, 15 or even 20 percent off your purchase just for being a student. No more eating ramen for a week in order to afford your holiday gifts.

## Download Honey



Source: <https://cdn.joinhoney.com/images/share/honey-money-falling.gif>

The best way to add to your Cyber Monday scores is to take advantage of coupon codes! Many people might not realize there are browser extensions that sort through thousands of codes for you, determine which ones work and apply them to your order. Honey is a Google Chrome browser extension that takes the struggle out of finding coupon codes. Just download the extension, and before you make a purchase use Honey to see if there are codes available for your order.

Whether you prefer trekking out on Black Friday, or curling up with your laptop on Cyber Monday, there are ways for you to add on to the already amazing deals you get. Now you can get holiday gifts for the whole family without breaking the bank.

## CONNECT WITH US!



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Alpha Lambda Delta  
Alpha Lambda Delta, formally known as Alpha Lambda Delta & Phi Eta Sigma, is a national honor society that recognizes academic excellence during a student's first year in college.